HYDROGEN PEROXIDE



Benefits and Cures of Hydrogen Peroxide For Cleaning and Health

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Hydrogen Peroxide: Benefits and Cures of Hydrogen Peroxide For Cleaning and Health

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Table of Contents

Title Page
Copyright Page
Introduction
Health Benefits
Personal and personal products care
Other benefits
Conclusion

Introduction

Thank you for downloading this eBook, "Hydrogen Peroxide – Benefits and Cures". In this book, we will discuss about the medicinal uses of Hydrogen Peroxide and how it can be used in daily life.

Hydrogen peroxide is one of the most versatile chemical compounds that can be put to use in numerous ways. Its composition is essentially just hydrogen and oxygen. Just like ozone that consists of just oxygen, hydrogen peroxide has several curative properties. Its oxidative character helps it clean wounds, kill bacteria, parasites and fungi, and some say even cure cancer.

Hydrogen peroxide is a known reliever of pain and can also be placed inside the immune system for better fighting ability of the body against common diseases. Some of the common diseases that hydrogen peroxide can fight off are asthma, blood pressure, common cold and leukemia.

There are few organic and naturally available cures for several of our health issues and one of them is hydrogen peroxide. With antioxidant and anti-germs properties, hydrogen peroxide is prescribed by many doctors around the world as preventive measures and cures for diseases involving pathogens.

Hydrogen peroxide also has bleaching properties that can be used for lightening your hair and gives it a bright tone. Although many doctors advise against the usage of excess peroxide, some say it is okay to use it in moderation. Yellowing of the teeth is a growing problem amongst teenagers and a big concern for many. Thanks to peroxide's bleaching properties, the teeth can be whitened through optimal usage of hydrogen peroxide solution.

There are several other uses for hydrogen peroxide in household items and other health benefits that we will be discussing throughout this book. Thanks once again for downloading this eBook. Now we will be talking you through the several benefits and cures of hydrogen peroxide.

Health Benefits

Infections

Infections can be very dangerous and can cause even fatal diseases. Open wounds or contact with disease-ridden agents can cause infection and surface on the epidermis of the body. Infections like gangrene are tough to be treated using normal medications but hydrogen peroxide has proved to treat gangrene as well. The infections can be easily cured and cleaned through the optimum usage of hydrogen peroxide.

How to use hydrogen peroxide for curing infections?

1. Take 3% solution of hydrogen peroxide and dab cotton into the solution and apply to infected areas five to seven times a day.

2. Fungal and bacterial infections can be prevented or even cured through the introduction of 50-60 mL of hydrogen peroxide into your bathtub. Skin infections can be easily cured by following this simple solution.

Bird Mites Infections

Birds can transmit mites on to humans and this can cause skin rashes and infections. Several patients who have been infected by bird mites have reported successful cure through the use of hydrogen peroxide.

How hydrogen peroxide can cure bird mites?

Killing the mites can be very easy through the use of hydrogen peroxide. Effective results can be obtained by spraying 3-4% hydrogen peroxide solution on to the areas where mites are found on the skin. A few minutes gap between the spraying results in wonderful effect of the medication.

Sinus Infections

Sinus infections can be very discomforting for the respiratory system and can disturb the normal breathing. The blockages can be easily released using hydrogen peroxide solution.

How can hydrogen peroxide cure sinus infections?

Add a few drops of 3-4 % hydrogen peroxide solution to a clear cup of desalinated water with no chlorine added. Use the solution as a spray that can be used inside the nostrils. The amount of solution to be added to the cup of water can be varied depending on the severity of the sinus infection.

Wounds

Bruises and wounds can be sources of infection if not treated with care and in time. These open wounds can be treated effectively by using natural medications like hydrogen peroxide solution on them.

How hydrogen peroxide can be used to treat wounds?

A 3 % hydrogen peroxide solution can be mixed with a little water. Using little alcohol solution, the wounded area can be cleaned and dead tissues are removed. Then, hydrogen peroxide solution is applied on top of the wounds.

Cuts and gashes can also be treated effectively through the optimal usage of hydrogen peroxide solution. However, sufficient care should be taken while application of hydrogen peroxide since retention of solution on the open cuts can prove to be counter effective. Similar concentration solution can be used to clean wounds and remove dead tissues before introducing it to the open wounds. The solution can arrest bleeding and pus formation.

Foot fungus

Feet can start to smell and develop cracks, blisters due to fungi formation. Fungi can develop due to using damp socks and wearing shoe for an extended duration, It can also develop due to wearing of tight shoes having no air circulation.

How hydrogen peroxide solution can cure foot fungus?

1. Make a dilute 3% hydrogen peroxide solution.
2. Make a 50/50 solution of water and hydrogen peroxide.
3. Apply the solution to your toes overnight and let the solution dry and heal.

Parasitic Infections

Parasites are aplenty and they can be very dangerous if not detected and eliminated in the early stages of their attack. They can make the person weak and attract all nutrients that the person intakes.

These parasites mostly host themselves in the inner walls of the gut or the stomach where they have easy access to nutrients from our food. They can be killed easily by ingesting dilute hydrogen peroxide solution that has effective parasite killing properties.

How hydrogen peroxide can be used for killing parasites within the body?

1. Take a cup of 3% hydrogen peroxide solution.
2. Add a pinch of salt and make a uniform mixture.
3. Make a very dilute solution of 95-5% mixture of this solution with water.
4. Drink this mixture to kill all parasites in the stomach and the entire digestive system.

Detoxification

Toxins are one of the major causes of diseases and can be acquired through many sources. Although there are many treatment methods used for the detoxification of the body, the use of hydrogen peroxide solution has been recommended by many physicians. The elimination of toxins can bring about the overall wellness of the body. Various kinds of toxins can be eliminated through ingestion of a dilute solution of hydrogen peroxide.

Boils and Scalds

Boils can be a region of infection and can be very painful if not treated immediately. According to the degrees of burn, the concentration of hydrogen peroxide can be varied to treat boils and scalds effectively.

How hydrogen peroxide can treat boils?

1. Take a cup of 3% hydrogen peroxide solution.
2. Add the cup of peroxide solution to your bath.
3. The results are bound to treat your boils effectively.

Corns

Corns in the foot can be an acute problem for the patient and prove to be a be a very painful experience owing to the inevitable use of feet. Corn can persist for long periods of time despite usage of highly effective creams and oils. But, the anti fungal and anti bacterial properties of hydrogen peroxide can be used for the removal and subduing of corn pains.

How hydrogen peroxide can be used to cure corns?

1. Take a 3% hydrogen peroxide solution in a cup.
2. Add a cup of this solution to a bucket of lukewarm water.
3. Add a few teaspoons of salt to the bucket.
4. Dip your feet into the bucket and keep it inside for half an hour to one hour every day.

This treatment is sure to relieve you of your corn pain and subdue any new developments in your feet.

Personal and personal products care

Mouthwash

1. In a clean cap — say a water bottle cap — take a 3-4 % hydrogen peroxide solution and pour it into your mouth.

2. Hold it in your mouth and gargle well.

3. Keep it in your mouth for around ten minutes before spitting it out.

Having the hydrogen peroxide solution for more than ten minutes will result in cankers. Correct retention will help the whitening of the teeth as well.

Home remedies for instantaneous toothache can be keeping hydrogen peroxide solution before you can consult a dentist. The pain is bound to subside in a while and you will experience relief sooner than not.

Toothpaste

Hydrogen peroxide can be used as an effective substitute for the common toothpaste. Most of the toothpastes in the market are extremely harmful to the enamel and the gums of the mouth. But hydrogen peroxide is extremely good for the teeth and does not harm the gums.

How to use hydrogen peroxide solution as toothpaste?

1. Take a spoon of baking soda and to the powder add a few drops of 3% hydrogen peroxide solution sufficient enough to make a thick paste.

2. Take the paste on a toothbrush and brush as usual.

Tooth Ache

Hydrogen peroxide is not a pain killer. Despite not being an agent that can subdue pain, pains that have roots that point towards fungal and bacterial

infections. Hydrogen peroxide being a very good anti fungal and anti bacterial agent can eliminate the root cause of the seething pain and actually act as a cure for teeth ache. Any form of inflammations can be treated for using hydrogen peroxide solution. Rinsing the mouth several times a day using 3% hydrogen peroxide solution helps in subduing pain in the gums. All sorts of discomforts are bound to reduce and disappear within a day when used along with a few drops of fresh coconut oil.

Toothbrush Cleaning

Hydrogen peroxide can be used not only as toothpaste but also as a cleaning agent for toothbrushes. Toothbrushes are one of the most pathogen ridden household item that reach the most interior parts of our body making our body vulnerable to infection and prone to diseases using an infected toothbrush. With hydrogen peroxide's anti germ properties we can make it clean and disease free.

How to use hydrogen peroxide solution for cleaning tooth brushes?

1. Take half a cup of 3% hydrogen peroxide solution.
2. Soak the brush inside the cup and let it rest for a couple of hours.
3. Remove the brush and wash in running lukewarm water.

If you do this once every month, it will keep the toothbrush clean and free from disease causing pathogens.

Tooth Whitening

Several surgical and medicinal methods have been developed to whiten the teeth and fight it off against yellowing. But no method is as good as a natural remedy. Instead of opting for professional methods for whitening your set of teeth you can have 3% hydrogen peroxide solution as your temporary mouthwash for a while and see the results for yourself. Washing your mouth with the hydrogen peroxide solution once in every 4 hours will help whiten your teeth like no other method.

Caution: Hydrogen peroxide, if ingested, can be very dangerous and can cause heavy acidity inside the stomach. Please avoid swallowing the solution while you gargle. Rinse all of the solution out after the session.

Hair Lightening

We all know that hydrogen peroxide is a wonderful bleaching agent. But, little do we know that peroxide solution can be used a beauty product. Using its bleaching characteristics, women and men can lighten the tone of their hair colour to suit their skin texture and colour.

How hydrogen peroxide can be used for hair lightening?

1. Right after a shower, take a clean comb and comb your hair thoroughly until your hair has no locks.

2. Take a 3% hydrogen peroxide solution and add equal parts of water to the peroxide solution and make a mixture.

3. Spray the solution on to your hair and comb your hair again.

You will develop highlights all along your hair but results vary depending on your hair colour and type. You will not often end up with a burning peroxide look but a bleached blonde colour is highly likely.

Contact Lenses

Contact lenses can be very difficult to maintain and strenuous to wear. Often eyes start itching due to foreign material within your eye and the lens. Most of the contact lens cleaning solutions have hydrogen peroxide as their primary constituent due to their property to disintegrate proteins that can form on the lens due to the eyes' immunity; this increases the comfort of the wearer.

Some of the precautions that you have to take are : Never use it when you travel in dusty environments and when you have to travel in exceedingly high temperature areas.

Ear wax

Ear wax can be very disturbing and painful and more often than not you might approach an ENT for removal of ear wax.

How to use hydrogen peroxide solution to clear ear wax?

1. Take a 3% hydrogen peroxide solution in a small cup.

2. Dip a clean cotton swab in the peroxide solution.

3. Insert carefully into your ear and move it in circular motion to remove the ear wax.

However one must exercise high levels of caution when using hydrogen peroxide solution for cleaning ear wax.

1. Avoid using peroxide solution if you have seething pain in your ear or jaws. Peroxide solutions can sometimes aggravate the pain in some people. Try it with a few drops initially.

2. Flying can cause acute pain in the ears due to adverse pressure changes. Avoid using the peroxide treatment a few days before a flight travel. It can make the situation worse.

3. Use the treatment method only once in a few days. Using it frequently can prove to be counter effective and aggravate the ear wax

situation. Give the solution a few days' time to work before checking for ear wax condition.

4. Never use a solution where the concentration of hydrogen peroxide is more than 3%. If the concentration is greater than 3% the other properties of peroxide solution can damage the hearing and cause pain in the ears.

Other benefits

Hydrogen peroxide can be used for other purposes like cleaning and bleaching purposes as well. Thanks to its excellent anti germ properties and the absence of a distinct odour, it can be safely used to clean tables, desks and kitchen sinks.

Cleaning

You can use hydrogen peroxide judiciously to clean your counters, desks, kitchen sinks and table tops. Not only does it clean it spotlessly, it also kills all kinds of germs on the surface and leaves a fresh, revitalizing smell behind after the cleaning routine. Instead of using the expensive cleaning agents from the market, you can take a sprayer filled with 3% hydrogen peroxide solution and spray it where you want to clean.

Then take a clean cloth and wipe it until dry. The hydrogen peroxide solution does not leave any smear marks on glasses and shiny metal parts of the table and sinks. The solution can also be used to clean the insides of refrigerators, lunch boxes and cookers.

Dishwashing

There are several brands of dishwashing powders, solutions and sprays available in the market for dishwashing along with bleaching powder. These agents can be a menace to the septic tank in your house and can prove to be very harmful. The best solution to the problem of dishwashing is the usage of hydrogen peroxide solution. Adding this to your regular dishwasher can result in better washing.

How to use hydrogen peroxide for better dishwashing?

1. Take a few drops of 3% hydrogen peroxide solution and add it to a 50-50 water solution.

2. Add this solution to your regular dishwasher in a sprayer.

This spray solution can be used effectively to clean dishes and kitchen sinks. It has also been found out that residual smells from chopping boards and fruit bowls can be removed by using hydrogen peroxide solution. Being non-toxic it can be safely used in vessels where edible items are stored. To acquire better results, you could try adding vinegar or lime extract to the solution.

Stain removal

Stains are one of the most annoying troubles we face while we dump our clothes at the Laundromat and we often wonder how to remove the coffee or chocolate stain off our favourite dress. Sometimes we end up spending lots of money in giving the set of dress to a professional washer who makes a clean job of it. But when you have a cheap, clean, domestic way of doing it why would you look ahead at a more expensive way?

Yes, hydrogen peroxide can be used for removing stains off clothes thanks to its bleaching properties. Blood, coffee or wine stains of even a couple of days can be removed with the effect of hydrogen peroxide solution.

How to use hydrogen peroxide solution to remove stains?

1. Take a 3% hydrogen peroxide solution and add it to your detergent solution.

2. Add a few drops of this solution to your washing machine.

Adding the few drops of this solution will return great results of washing and stain removal. Even if a small amount of peroxide is applied to the stain, reactions can take place and bubbling of the peroxide can occur bringing the stain to the surface from where it can be removed easily.

The excess peroxide can be removed by using a tissue paper or even a clean cloth. Best results have been observed in warm water where the reactions are sped up. Use a little cold water and soap solution later on the stain removed part to retain the original texture of the cloth.

Sanitizing the Meat

Meat can be the breeding house of many disease causing germs. It is highly advisable to keep the meat away from germs and refrigerate them but it is impossible to totally isolate them from germ attack. It is highly essential that you sanitize them once before you cook the meat.

How to use hydrogen peroxide for meat sanitizing?

1. Take a very dilute solution of 3% hydrogen peroxide solution.

2. Soak the meat in the dilute solution for half an hour before cooking it.

The anti germ and anti bacterial properties of hydrogen peroxide will kill most of the germs and bacteria present in the meat. To avoid any bacterial diseases, it is important you soak the meat in the hydrogen peroxide solution before using it.

Sanitizing the Vegetables and fruits

Just like meat, vegetables and fruits are prone to attack by germs and can be the cause of several diseases and illnesses. Although most of the germs are killed in the process of cooking, it is important that you sanitize before using. The best agent for the killing of germs is hydrogen peroxide that has excellent anti germ and anti pathogen properties.

How to use hydrogen peroxide to sanitize vegetables and fruits?

1. Take a quarter of a cup of 3% hydrogen peroxide solution and add it to a big bowl of water.
2. Add a pinch of salt to this solution.
3. Soak the vegetables and fruits that you want to clean into the big bowl for half an hour.

Soaking the vegetables and fruits into the bowl will significantly kill all the harmful germs and make it clean and suitable for use. The amount of time has to be varied based on the thickness of the outer skins of the vegetables. Most of the light skinned vegetables like lettuce and spinach can be cleaned completely by soaking them inside for around twenty minutes. The hard skinned vegetables like potatoes and cucumbers need to be soaked in the solution for around half an hour to be cleaned completely. If you are facing a time constraint, you can take the solution in a sprayer and spray the peroxide solution all over the vegetables and fruits and let the solution dry. After it dries, the vegetables would be considerably cleaner and can be used safely for cooking and consumption.

Conclusion

Thank you once again for downloading this eBook. In this book, we have compiled almost all of the benefits and cures of hydrogen peroxide — one of the most versatile chemical compounds whose properties ranges from medicinal to cleaning.

You need to bear in mind that hydrogen peroxide can be dangerous in large quantities, hence exercise caution while using it and keep it away from young children.

Consult a physician before you start using peroxide solution regularly as an ingestive agent. Hope you find it useful and use these methods in your day to day life for better results and easier working.